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Honoring Those who Fight to Keep Us Free

Wednesday, November 11th

We Owe Them a Lot

On Veterans Day we remember again

Our men and women who served;

We honor them now for what they did then:

The liberties they preserved.

Let's never forget their sacrifice,

The hard, heavy work they have done;

They did what was asked, crucial needs they fulfilled,

With a telephone, pencil or gun.

We are happy and proud to honor them;

They gave so much more then they got.

Our heroes, our veterans, kept freedom safe;

All of us owe them a lot.

By Joanna Fuchs



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It's that time of the year again—Medicare Part D Prescription Drug Plan Open Enrollment 2021 Medicare Part D Questions?

- ♦ Who can buy Part D Plans? What do Part D plans cost?
- ♦ What if I can't afford Part D? Do I really need Part D?
- ♦ When can I join a Part D plan? I have Part D. It is not working for me. What can I do?

This is your opportunity to re-evaluate your existing coverage. Jill and Stacy with our office are available by telephone to answer your questions about Medicare Part D. They can help you explore your options so that you can make timely and informed decisions.

Making the right choices could save you hundreds-to-thousands of dollars a year.

Part D open enrollment runs from October 15 through December 7th and takes effect January 2021.

~ Call Stacy in Goldendale for a telephone appointment 509-773-3757

~ Call Jill in White Salmon for a telephone appointment 509-493-3068

The Area Agency on Aging & Disabilities of Southwest Washington's Caregiver Corner
Caregiver Depression: A Silent Health Crisis, *By Family Caregiver*

One of today's all-too silent health crises is caregiver depression.

A conservative estimate reports that 20% of family caregivers suffer from depression, twice the rate of the general population.

And former caregivers may not escape the tentacles of this condition after caregiving ends.

A recent study found that 41% of former caregivers of a spouse with Alzheimer's disease or another form of dementia experienced mild to severe depression up to three years after their spouse had died. In general, women caregivers experience depression at a higher rate than men.

Caregiving does not cause depression, nor will everyone who provides care experience the negative feelings that go with depression. But in an effort to provide the best possible care for a family member or friend, caregivers often sacrifice their own physical and emotional needs, and the emotional and physical experiences involved with providing care can strain even the most capable person. The resulting feelings of anger, anxiety, sadness, isolation, exhaustion—and then guilt for having these feelings—can exact a heavy toll. Unfortunately, feelings of depression are often seen as a sign of weakness rather than a sign that something is out of balance. Comments such as “snap out of it” or “it's all in your head” are not helpful, and reflect a belief that mental health concerns are not real. Ignoring or denying your feelings will not make them go away.

People experience depression in different ways; the type and degree of symptoms vary by individual and can change over time. The following symptoms, if experienced for more than two consecutive weeks, may indicate depression:

- A change in eating habits resulting in unwanted weight gain or loss
- A change in sleep patterns—too much sleep or not enough
- Feeling tired all the time
- A loss of interest in people and/or activities that once brought you pleasure
- Becoming easily agitated or angered
- Feeling that nothing you do is good enough
- Thoughts of death or suicide, or attempting suicide
- Ongoing physical symptoms that do not respond to treatment, such as headaches, digestive disorders, and chronic pain

Early attention to symptoms of depression may help to prevent the development of a more serious depression over time.

The National Institute of Mental Health offers the following recommendations:

- Set realistic goals in light of the depression and assume a reasonable amount of responsibility.
- Break large tasks into small ones, set some priorities, and do what you can as you can.
- Try to be with other people and to confide in someone; it is usually better than being alone and secretive.
- Participate in activities that may make you feel better, such as mild exercise.
- Expect your mood to improve gradually, not immediately. Feeling better takes time.
- It is advisable to postpone important decisions until the depression has lifted. Before deciding to make a significant transition—change jobs, get married, or divorced—discuss it with others who know you well and have a more objective view of your situation.
- People rarely “snap out of” a depression. But they can feel a little better day by day.
- Remember, positive thinking will replace the negative thinking that is part of the depression. The negative thinking will be reduced as your depression responds to treatment.
- Let your family and friends help you.

The most frequent treatment for depressive symptoms that have progressed beyond the mild stage is antidepressant medication such as Prozac or Zoloft, which provides relatively quick symptom relief, in conjunction with ongoing psychotherapy, which offers new strategies for a more satisfying life. A mental health professional such as a psychologist or psychiatrist can assess your condition and arrive at the treatment most appropriate for you.

Respite care relief, positive feedback from others, positive self-talk, and recreational activities are helpful in avoiding depression. Look for classes and support groups available through caregiver support organizations to help you learn or practice effective problem-solving and coping strategies needed for caregiving. For your health and the health of those around you, take some time to care for yourself.

The FCA fact sheet [Depression and Caregiving](https://www.caregiver.org/depression-and-caregiving) (<https://www.caregiver.org/depression-and-caregiving>) offers a more in-depth discussion of this issue and is available in both English and Spanish on the FCA website.

Do you need help with Winter heat?

Senior Klickitat PUD Discount

If you are **62** or older and your **household** annual income is under **\$25,520** for a single occupant household or under **\$34,480** for a two person household you may qualify for the **Senior Klickitat County PUD discount**.

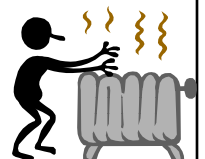
Call Stacy at 773-3757 or Jill at 493-3068 to make a telephone appointment to apply for your PUD discount. Enrollment begins October 1st. The discount runs Dec 2020-May 2021(6 months). Due to COVID restrictions, applications will be done over the phone and by mail. Seniors approved last year with NO income change, DO NOT need to reapply this year

The Low-Income Elderly Rate is available for single-phase use to single family residential, farm, or tenant farm customers, age 62 or over, with a single household income of \$25,520 per year or a 2-person household income of \$34,480, or less. Certification will be made by Klickitat County Senior Services and is valid for 2 years, before re-enrollment is required. If customers move, they will need to re-apply.

	SINGLE PERSON HOUSE-	2 PERSON HOUSEHOLD
DISCOUNT	Yearly Income	Yearly Income
35%	\$12,490 or less	\$17,240 or less
25%	\$12,491 - \$17,609	\$17,241 - \$23,791
15%	\$17,610 - \$19,140	\$23,792 - \$25,860
5%	\$19,141 - \$25,520	\$25,861 - \$34,480

Service may be furnished through one meter to a single-family residence only.

Effective Date - Effective for billings issued December 2020 to May 2021.





WASHINGTON GORGE ACTION PROGRAMS

The Community Action Agency for Skamania and Klickitat Counties

P.O. Box 805, 115 W Steuben Street Bingen, WA 98605 509.493.3954 | 800.755.1192 | www.wagap.org

Low-Income Home Energy Assistance Program

Washington Gorge Action Programs will be taking calls for energy assistance again on **November 16th at 8:00 a.m.** The number to call is:

(509) 493-2662 ext. 202 or (800) 755-1192 ext. 202

When you call you will be prompted to leave your name, phone number and town you reside in. Your name will be added to our waiting list for appointments. Please leave only one message unless there is a change in your contact info. We will not be able to tell you “where you are” on the waiting list.

Because this is a first come-first served program, any calls prior to November 16th at 8:00 a.m. will not be added to the list. This is not an emergency program and your name will not be moved ahead of others on the list. If you have a disconnect notice please continue to work with your heat vendor.

The following documentation is required when you apply for assistance (*even if you have applied for energy assistance in previous years*):

- ID for all adults in the household
- Social Security cards for ALL household members (adults and children)
- Income received in the prior 3 months for ALL household members
- Proof of your physical address
- A copy of your heating bill

We will not “hold” any incomplete applications.

HOW CAN
WE HELP
YOU?

WE ARE HERE FOR YOU

Call our office with questions, comments, any needed assistance and we will connect you to the available resources.

Klickitat County Senior Services continues to provide telephone support Monday through Friday from 8am to 5pm. Staff are available to answer questions, direct individuals to available community resources, and assist with online applications for benefits, issues with Social Security or Medicare, etc.

We have also expanded our home delivered meal service. Please call to sign up for home delivered meals: Goldendale:509-773-3757
White Salmon:509-493-3068 OR Toll Free:1-800-447-7858

Seniors can also call if they need essential grocery delivery, prescription pick up, or if there is a need to have a food bank box delivered to their home.

Mt. Adams Transportation (MATS) Dial-A-Ride service is operating and provides transportation to essential medical services.

MATS Goldendale: 509-773-3060 MATS White Salmon: 509-493-4662

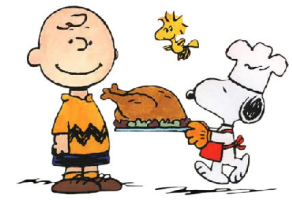
November is National Family Caregiver's Month







It is a time to thank, support, educate, and advocate for the more than 50 million family caregivers across the country. During Family Caregiver's Month, we will encourage family caregivers to take four steps every day to empower family caregivers to act on behalf of themselves and their loved ones, and to remove barriers to health and well-being:

- Believe** in Yourself.
- Protect** your Health.
- Reach** out for Help.
- Speak** up for your Rights.



November 2020 Menu



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Fall Back 	2 WS Chicken Pot Pie 	3 GD Chicken Pot Pie 	4 WS Beef Stroganoff	5 GD Beef Stroganoff 	6	7
8	9 WS Country Steak	10 GD Country Steak	11 WS Office Closed Veterans Day	12 GD Tuna Casserole	13	14
15	16 WS Spaghetti 	17 GD Spaghetti	18 WS Meatloaf 	19 GD Meatloaf	20	21
22	23 WS Chicken Patties	24 GD Roast Turkey	25 WS Roast Turkey	26 Office Closed THANKSGIVING	27 OFFICE CLOSED	28
29	30 WS Baked Fish	1 GD Baked Fish	2	3		Menu Subject to Change

Klickitat County Senior Services has expanded our hot home delivered meals services (Meals on Wheels) during this COVID-19 period due to our congregate meal site locations being closed.

Meals are being provided to Seniors (60+) and spouse or caregiver in home with Senior as follows:

- Frozen home delivered meals anywhere in Klickitat County
- Hot Meals at 12-Noon on Mondays and Wednesdays delivered within 30 miles of our kitchen in White Salmon.
- Hot Meals at 12-Noon on Tuesdays and Thursdays delivered within 30 miles of our kitchen in Goldendale.

Seniors can also arrange a curbside pick up of a hot meal at our White Salmon or Goldendale locations on the hot meal days if preferred.

Call Klickitat County Senior Services to sign up: Goldendale: 509-773-3757
 White Salmon: 509-493-3068 Toll Free: 1-800-447-7858



Aging Mastery Program®

National Council on Aging

Due to the COVID-19, KLICKITAT COUNTY SENIOR SERVICES has cancelled all in-person classes and events.

During this challenging time of social distancing, we are committed to helping our community stay connected and healthy.

With this aim, we are offering a free **Aging Mastery Program Starter Kit** that can be delivered directly to your home.

What is the Aging Mastery Program Starter Kit?

This self-paced kit helps older adults take small steps to improve their health and quality of life.

It includes a playbook, exercise DVDs, activity cards, and a weekly check-in notepad.

The playbook is organized into six dimensions of aging:

- Gratitude and Mindfulness,
- Health and Well-Being,
- Finances and Future Planning,
- Learning and Creativity,
- Connections and Community,
- and Legacy and Purpose.

Participants do not need a computer to use the Starter Kit materials. We hope that you take the opportunity to explore the Starter Kit. It will empower you to embrace your gift of longevity by spending more time each day doing things that are good for yourselves and for others.

Call Klickitat County Senior Services if you are interested in getting a kit.
Goldendale 509-773-3757 White Salmon 509-493-3068
or 1-800-447-7858.

Here are 25 simple ways to make GRATITUDE a part of everyday.

1. Tell someone you love them and how much you appreciate them.
2. Notice the beauty in nature each day.
3. Nurture the friendships you have, good friends don't come along every day.
4. Smile more often.
5. Include an act of kindness in your life each day.
6. Call your loved ones more often.
7. Volunteer for organizations that help others.
8. Don't gossip or speak badly about anyone.
9. Remember to compliment your friends and family when they look good.
10. Write a card to someone you haven't seen in a while and tell them something nice.
11. Keep a gratitude list and add to your gratitude list daily, at least one more thing each day.
12. When you think a negative thought, try to see the positive side in the situation.
13. Commit to one day a week when you won't complain about anything.
14. Try to take note when people do a good job and give recognition when it's due at work.
15. Reward effort, if someone does something nice for you, do something nice for them.
16. Thank the people who serve you in the community — the shopkeeper, the bus drivers, etc.
17. Say thank you for the little things your loved ones do for you, things you normally take for granted.
18. Embrace challenges and turn them into opportunities to grow.
19. Be thankful when you learn something new.
20. See the growth opportunity in your mistakes.
21. Help your friends see the positive side to life.
22. When times are bad, focus on your friends who are at your side.
23. When time is good, notice and help others.
24. Make gratitude a part of family life, share it with each other during meal time.
25. Focus on your strengths.

*gratitude
changes everything*

Share the benefits of gratitude with family and friends.

Be the change you want to see in the world by making gratitude a part of each day. If we all practice gratitude more regularly, the world will be a better place.



5 Reasons to Switch Medicare Part D Plans

How to decide when to move on to a new prescription drug plan.

Here's why you should shop around for a new Medicare Part D plan for 2021.

Medication changes. You may have selected your current Medicare Part D plan based on medications you were taking a year or more ago. If you started a new medication in 2020, or think you might in 2021, research which plan in your area covers your most likely array of medications in the most cost effective way. You can use the Medicare Plan Finder to research how the medications you are interested in will be covered by all the Part D plans offered in your area.

Coverage changes. Medicare Part D plans are allowed to change their formulary of covered medications each year, and many plans do. Even if the medications you use were covered in the past, that doesn't mean they will continue to be covered in 2021 or that the out-of-pocket costs for a given medication won't significantly change.

Premium increase. Medicare Part D premiums vary based on the plan you select and can change from year to year. If you are facing a significant premium increase in 2021, it's worth typing your medications into the Medicare Plan Finder to see if there is another option that will cover your medications at a more affordable price.

High out-of-pocket costs. Premiums aren't the only plan costs to consider. Medicare deductibles vary by plan, and some plans don't have deductibles at all. The annual deductibles range from \$0 to \$445. You might also have to pay a set copayment amount, such as \$10, or a percentage of the price of the drug, such as 25 percent, and these amounts vary by plan.

Inconvenient preferred pharmacies. Many Medicare Part D plans have preferred pharmacies, and beneficiaries pay lower out-of-pocket costs if they fill their prescriptions at these locations. However, if the pharmacy that is most convenient for you doesn't participate in the preferred pricing, you could face much higher costs to fill your prescriptions. Enrollees pay less for their prescriptions if they go to a pharmacy where the plan has negotiated certain preferred pricing arrangements.

Grieving the Death of a Loved One, and not looking forward to the Holidays?

There is help and hope as you navigate the Holiday season.

Wondering how you will survive the weeks surrounding Thanksgiving and Christmas? Are you dreading these holidays, knowing that everything has changed and that happy memories from past years can't be recreated?

Our Surviving the Holidays seminar is especially for people who are grieving a loved one's death. You'll learn:

*How to deal with the many emotions you'll face during the holidays
What to do about traditions and other coming changes
Helpful tips for surviving social events
How to discover hope for your future*

There is suffering during the pandemic, there is suffering in the unrest in the world, and there is suffering in your grief over the loss of your loved one. Please join us for a one-time presentation of how to manage your emotions in the upcoming holiday season during your grieving time.

*Saturday November 14, 2020
10:00 a.m. to noon.
Columbus Avenue Baptist Church
815 N. Columbus Avenue
Goldendale, WA.*

*Pre-registration is required to accommodate Covid19 seating.
Register at [GriefShare.org](https://www.griefshare.org), and click on Find a Group or call 509-773-4471*

How GriefShare works

GriefShare seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable GriefShare resources to help you recover from your loss and look forward to rebuilding your life.

There are thousands of GriefShare grief recovery support groups meeting throughout the US, Canada, and in over 10 other countries. There's one meeting near you!

Mailing: 115 W. Court St. MS-CH-21
Physical: 228 W. Main Street Rm 140
Goldendale, WA 98620
509 773-3757

PO BOX 1877
501 NE Washington Avenue
White Salmon, WA 98672
509 493-3068

Non-Profit Organization

U.S. Postage Paid

White Salmon, WA 98672

Permit #77

Issue # 112020



Volunteers Needed

Currently we are in need of Meals on Wheels delivery drivers to deliver meals throughout Klickitat County. If you are interested in volunteering please call one of our offices for an application 509-493-3068 or 509-773-3757. Volunteer drivers must pass a criminal background check, have a current driver's license and insurance. Volunteers are reimbursed for mileage.